

# Stroke Prevention

Keep a healthy blood pressure  
less than 120/80

*Don't smoke*

Take all medication  
as ordered by your  
healthcare provider

*Be active with exercise  
30 minutes per day*

*Don't drink alcohol*

*Decrease the  
stress in your life*

## Know the warning signs of a stroke:

- Sudden numbness or weakness of the face, arm or leg especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness or loss of balance
- Sudden severe headache with no known cause

**Eat a healthy diet low  
in salt and fat**

*This information is for educational purposes. It is not intended to replace medical advice from your healthcare provider.*

*Please consult your healthcare provider for advice about a specific medical condition.*

*If you have questions, call (888) 564-3476.*



Cabinet for Health and Family Services  
KyHealth Choices  
Medical Management and Quality Assurance  
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## May is Stroke Awareness Month

**If you or anyone  
you know has  
warning signs of a  
stroke, please call  
911 immediately!**